



REQUEST AND RECOMMENDATION

ONE YEAR OPTION

900+ Clock Hour Programs - Exercise Science

Background:

To provide another option for adult students to apply prior learning toward a degree, Ohio legislators established what has come to be known as the One-Year-Option through Section 363.120 House Bill 59 of the 130th General Assembly. The Chancellor of the Ohio Department of Higher Education, in consultation with the Superintendent of Public Instruction and the Governor's Office of Workforce Transformation, was tasked to establish a One-Year Option credit articulation system in which graduates of Ohio's adult career-technical institutions who complete a 900-hour program of study AND obtain an industry-recognized credential approved by the Chancellor will be able to receive 30 technical semester credit hours toward a technical degree upon enrollment in a public institution of higher education. The Chancellor was also to recommend a process to award proportional semester credit hours for adult career-technical institution students who complete a program of study between 600 and 899 hours AND obtain an industry-recognized credential approved by the Chancellor. The Chancellor convened a broad group of stakeholders to develop a system of articulation for the One Year Option that was presented in a report to the legislature called, *"Getting to 30: Establishing a One Year Option Credit Articulation System for Ohio."*

In order to implement the system of articulation developed with the stakeholders as well as address accreditation requirements for degree granting institutions, the Chancellor convened Credit Affirmation Teams (CATs) to conduct a peer review of programs and certifications for affirmation for a block of 30 semester hours of technical credit. The CATs were comprised of faculty and administrators from Ohio Technical Centers (OTCs) and an equal number from public degree granting colleges and universities in Ohio. The CATs were organized by four discipline clusters: Health and Allied Health, Building and Industrial Technology, Business and Information Technology, and Services. They were charged with reviewing the certifications and, if necessary, program content, to affirm that students completing the selected program at an Ohio Technical Center and earned approved certifications had demonstrated competencies equivalent to 30 semester hours of technical credit. This technical credit would then be granted, as a block, upon enrollment in a degree granting institution. Additional subject matter experts were consulted when core team members did not have sufficient content knowledge of the program being reviewed.

Recommendation

As detailed in the attached template, the Health and Allied Health Credit Affirmation Team recommends that students will be eligible for a block of 30 semester hours of technical credit towards an *Associate of Technical Studies in Health and Allied Health Technology* when:

- the student has successfully completed a 900+ clock hour program in Exercise Science at an Ohio Technical Center.

And currently holds **ALL** of the following credentials:

- National Academy of Sports Medicine (NASM) Certified Personal Trainer (CPT) Certification
- National Academy of Sports Medicine (NASM) Corrective Exercise Specialist (CES)
- National Academy of Sports Medicine (NASM) Fitness Nutrition Specialist (FNS)

And currently holds **ONE** of the following credentials:

- American Red Cross Cardio Pulmonary Resuscitation (CPR)/Automated External Defibrillator (AED)
- American Heart Association Cardio Pulmonary Resuscitation (CPR)/Automated External Defibrillator (AED)

Please note the Certified Personal Trainer and CPR/AED certification must be current, valid, and in good standing. Please note that NASM Specializations such as the CES and FNS do not require renewal and thus are valid upon passage.

End of Comment Period: July 17, 2015 at 2:00 pm
No comments received, recommend approval

RECOMMENDATION

The Vice Chancellor of Academic Affairs has verified that this pathway has met the standards and requirements of the Ohio Board of Regents.

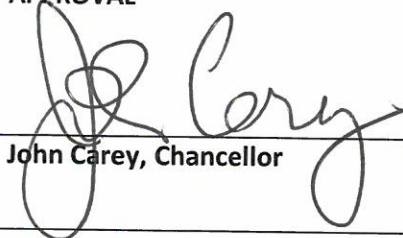


7/22/15

Stephanie Davidson, Vice Chancellor of Academic Affairs

Date

APPROVAL



7/30/15

John Carey, Chancellor

Date

One-Year Option
Certification Affirmation Template

The Program Affirmation Template is designed to provide a common matrix for a peer review process acceptable to the Higher Learning Commission to soundly affirm award 30 semester hours of technical credit for Ohio Technical Center graduates who are eligible for the One Year Option. The template should be completed for every program/subject and signed by the co-chairs of each of the four cluster program areas for every Industry-recognized credential and program reviewed.

Please note: All Ohio Technical Centers must be accredited by one of the following: [Council on Occupational Education \(COE\)](#) and/or [Accrediting Commission of Career Schools and Colleges \(ACCSC\)](#).

Program Name: Exercise Science	Cluster <input type="checkbox"/> Business & Information Technologies <input checked="" type="checkbox"/> Health/Allied Health <input type="checkbox"/> Industrial Trades <input type="checkbox"/> Service Industries & Agriculture	
CIP Code: 31.0505		
STEP ONE: CREDENTIAL REVIEW		
	Details/Explanation	Comments
Primary Industry Credential (if there are competing certifications complete page multiple times)	Name: National Academy of Sports Medicine (NAMS) Type: <input type="checkbox"/> License <input type="checkbox"/> Registry <input checked="" type="checkbox"/> Certification	Students must obtain the following certification and the two below specializations. <ul style="list-style-type: none"> Certified Personal Trainer (NASM– CPT) certification Corrective Exercise Specialist (NASM-CES) specialization Fitness Nutrition Specialist (NASM-FNS) specialization
Program requirements by credentialing body.	<p>Personal trainers are health and fitness professionals who perform individualized assessments, and design safe, effective and individualized exercise and conditioning programs which are scientifically valid and based on clinical evidence to clients with no medical or special needs. They provide the guidance to help clients achieve their personal health, fitness and performance goals via the implementation of exercise programs, nutritional recommendations and suggestions in lifestyle modification.</p> <p>They hold a current emergency cardiac care (CPR) and automated external defibrillator (AED) certification and respond appropriately in emergency situations. Certified Personal Trainers</p>	http://www.nasm.org/docs/default-source/cpt-boc-and-recert-info/nasm-boc-certification-candidate-handbook.pdf?sfvrsn=26 Please see page 3 under “scope of practice” for more information.

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	<p>do not diagnose and/or treat areas of pain or disease and will refer clients to other health care professionals/practitioners when appropriate. They abide by NASM's Code of Professional Conduct at all times.</p> <p>Continuing Education: NASM CPTs are required to maintain their current CPR and AED certifications as well as earn 2.0 CEUs (20 hours) of approved continuing education that focuses on: increasing knowledge, skills, and abilities in the areas of client, assessment, exercise technique, program design, nutrition, client relations and administration, and professional practice and responsibility. The NASM Specializations (CES and FNS) do not require continuing education hours.</p>	
Hour Requirements (includes any instructional, lab/practice hours, or internship hours).	There are no hour requirements set by the National Academy of Sports Medicine.	
Competencies demonstrated by credential attainment.	<p><u>Certified Personal Trainer (NASM- CPT) competencies</u></p> <ol style="list-style-type: none"> 1. Basic and Applied Sciences <ol style="list-style-type: none"> a. Understand concepts and structures of anatomy b. Understand functions of exercise physiology c. Comprehend principles of human movement science 2. Assessment <ol style="list-style-type: none"> a. Perform, interpret, and record subjective assessments b. Perform, interpret, and record movement assessments c. Perform, interpret, and record postural assessments 3. Exercise Techniques and Training Instruction <ol style="list-style-type: none"> a. Exercise execution following kinetic chain checkpoints (e.g., starting position, ending position) b. Select exercise modification (pro-/regression) c. Implement safe training methods d. Understanding cueing techniques 	

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4. Program Design
 - a. Understand and apply program design fundamentals
 - b. Design client-specific program based upon assessment results
 - c. Create client-specific cardiorespiratory programs
 - d. Understand special populations and considerations for exercise program design
 - e. Design and apply program modifications based on modalities (e.g. free weights, tubing, kettlebells)
 - f. Understand physical activity guidelines for Americans
5. Considerations in Nutritions
 - a. Understand basic nutritional concepts
 - b. Understand risk and benefit of nutritional supplements and ergogenic aids
 - c. Understand weight management concepts
 - d. Understand nutritional guidelines for enhancing athletic performance (e.g. anaerobic, aerobic).
6. Client Relations and Behavioral Coaching
 - a. Communication components
 - b. Understand and facilitate client goal setting strategies and procedures
 - c. Implement lifestyle and behavioral coaching strategies
7. Professional Development and Responsibility
 - a. Understand and uphold NASM code of professional conduct
 - b. Follow proper procedures in an emergency situation
 - c. Implement goal setting strategies and procedures

<http://www.nasm.org/docs/default-source/cpt-boc-and-recert-info/nasm-boc-certification-candidate-handbook.pdf?sfvrsn=26>

Please see page 9-11 under “job analysis” for additional competencies.

Corrective Exercise Specialist (NASM-CES) specialization competencies

1. Expand knowledge of human movement science

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2. Understand how to deliver safe and consistent results to clients who are suffering from movement impairment syndrome
3. Complement your formal education and CPT certification, expanding your skillset and abilities to affect change with at-risk populations

For more information, please see: <http://offer.nasm.org/ces>

Fitness Nutrition Specialist (NASM-FNS) specialization competencies

1. Teach clients how to interpret labels, select appropriate portion sizes, and eat healthy
2. Boost their reputation, career, and client base as the go-to expert on nutrition and diet
3. Educate clients about nutrition's critical role in weight loss and management
4. Illustrate how energy balance, caloric needs, activity, metabolism, and food choices impact fitness goals
5. Provide clients with valuable handout materials, product discounts, menu planners, and online resources

For more information, please see: <http://offer.nasm.org/fns>

Rationale:

- 1) In order to be eligible to sit for a NASM-CPT certification exam, students must have a current CPR/AED certification. While these requirements are minimal, the Health Credit Affirmation team, believes given the content of the exam, these requirements along with passing a 900+ hour Ohio Technical Center program are worthy of credit attainment.
- 2) The NASM exams are administered by a secure, well-respected, third-party testing company (PSI) and are primarily delivered in computer-based format to increase security & better maintain up-to-date content delivery.
- 3) In order to maintain NASM-CPT certification, individuals must complete 20 hours of continuing education every 2 years. Please note that NASM Specializations such as the CES and FNS do not require renewal and thus are valid upon passage.
- 4) All NASM programs are developed from comprehensive scientific research that is supported by the NASM Research Institute at the University of North Carolina at Chapel Hill. The industry's most accomplished experts including internationally renowned scientists, trainers, coaches and athletes oversee NASM's daily educational curriculum and

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partnerships. Thus the competencies measured by the exams reflect the industry standards of the Exercise Science profession.

- 5) NASM is approved by the National Commission for Certifying Agencies (NCCA) which further ensures the validity and reliability of the NASM exams.

Taking the reliability of the exam, rigor of the program and exam, and the review of content, the Health Credit Affirmation Team believes that attaining the CPT certification as well as the FNS and CES specialization following completion of a 900+ hour Ohio Technical Center Medical Assisting program to be equivalent to a block of 30 technical credits for the One Year Option.

ONLY IF NECESSARY TO AFFIRM 30 CREDITS----STEP TWO: PROGRAM-RELATED COMPETENCIES OBTAINED OUTSIDE OF PRIMARY CREDENTIAL

	Details/Explanation	Comments
Additional related complementary credential(s) or badge(s) (e.g. OSHA 10, CPR).	<p>Students must obtain at least one of the following certifications:</p> <ul style="list-style-type: none"> American Red Cross Cardiopulmonary Resuscitation (CPR)/ Automated External Defibrillator (AED) American Heart Association Cardiopulmonary Resuscitation (CPR)/ Automated External Defibrillator (AED) 	<p>Link to American Red Cross CPR/AED http://www.redcross.org/take-a-class/program-highlights/cpr-first-aid/workplaces-schools-individuals</p> <p>Link to American Heart Association CPR/AED http://www.heart.org/HEARTORG/CPRAndECC/CorporateTraining/HeartsaverCourses/Heartsaver-First-Aid-CPR-AED---Classroom_UCM_303778_Article.jsp</p>
Competencies demonstrated by additional credential attainment.	<p>CPR/AED Competencies</p> <ul style="list-style-type: none"> Procedures to support and maintain breathing and circulation for an infant, child, or adult who has stopped breathing (respiratory arrest) and/or whose heart has stopped (cardiac arrest). Removing airway obstructions Indications for and use of automatic external defibrillator (AED) 	<p>Certifications are for two years and then a refresher course is required to recertify for another two years.</p>

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Description of additional program elements beyond primary credential.																																			
Program related competencies/learning outcomes outside of credential(s). Include how competencies are demonstrated.																																			
Other Parameters of Competency.																																			
Related Programs as of Fall 2015:	Ohio Technical Center Trumbull Career and Technical Center	Program Name Kinesiology & Exercise Science																																	
		Clock Hours 900																																	
Committee Members and Subject Matter Experts:	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%; text-align: left;">Name</th> <th style="width: 33%; text-align: left;">Role</th> <th style="width: 33%; text-align: left;">Institution</th> </tr> </thead> <tbody> <tr> <td>Chad Brown</td> <td>Co-Chair</td> <td>Zane State College</td> </tr> <tr> <td>Kelly Darney</td> <td>Co-Chair</td> <td>Columbiana County Career and Technical Center</td> </tr> <tr> <td>Darline Foltz</td> <td>Member</td> <td>University of Cincinnati: Clermont College</td> </tr> <tr> <td>Stacy Franks King</td> <td>Member</td> <td>Tri-County Adult Career Center</td> </tr> <tr> <td>Jennifer Hall</td> <td>Member</td> <td>Cincinnati State Technical and Community College</td> </tr> <tr> <td>Emeline Kelly</td> <td>Member</td> <td>Tri-Rivers Career Center</td> </tr> <tr> <td>Barbara Mikuszewski</td> <td>Member</td> <td>Cuyahoga Community College</td> </tr> <tr> <td>Deborah Neal</td> <td>Member</td> <td>Scioto County Career Technical Center</td> </tr> <tr> <td>Jami Nininger</td> <td>Member</td> <td>Knox County Career Center</td> </tr> <tr> <td>Kathy Wilcox</td> <td>Member</td> <td>Clark State Community College</td> </tr> </tbody> </table>		Name	Role	Institution	Chad Brown	Co-Chair	Zane State College	Kelly Darney	Co-Chair	Columbiana County Career and Technical Center	Darline Foltz	Member	University of Cincinnati: Clermont College	Stacy Franks King	Member	Tri-County Adult Career Center	Jennifer Hall	Member	Cincinnati State Technical and Community College	Emeline Kelly	Member	Tri-Rivers Career Center	Barbara Mikuszewski	Member	Cuyahoga Community College	Deborah Neal	Member	Scioto County Career Technical Center	Jami Nininger	Member	Knox County Career Center	Kathy Wilcox	Member	Clark State Community College
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OTHER COMMENTS.																																			
AFFIRMED NUMBER OF TECHNICAL BLOCK CREDITS	30 semester hours	LENGTH OF TIME CREDENTIAL CAN BE USED FOR ONE-YEAR OPTION: Must have completed a 900+ hour Exercise Science program at an Ohio Technical Center and must hold the following certification and specializations.																																	

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- 1) Certified Personal Trainer (NASM– CPT) certification
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- 3) Fitness Nutrition Specialist (NASM-FNS) specialization
- 4) American Heart Association or American Red Cross CPR/ AED certification

The Certified Personal Trainer and CPR/AED certification must be current, valid, and in good standing. Please note that NASM Specializations such as the CES and FNS do not require renewal and thus are valid upon passage.

Co-chair signatures:



Chad Brown, Provost and Executive Vice President
Zane State College



Kelly Darney, Adult Education Director
Columbiana County Career & Technical Center

Date: 5/26/2015